

Appropriations Committee Public Hearing

Friday, March 06, 2015

My name is David R. I live in the New Haven area. I am in my late 50s or early 60s; I prefer not to give specific information that identifies me. I have had OCD for 30 years. I have taken medication for it for 27 years. OCD has been a nuisance for me but I was usually able to manage it and live a reasonably normal life. Nine years ago, in 2006, it flared up. I was unable to control it. I was unable to function. I was contemplating suicide. So I went to the emergency room of a local hospital. They recommended to me that I call the Yale OCD clinic. I called the clinic. I met Suzanne Wasylink, a director of the clinic, and a young M.D. resident named Michael Bloch. Over a period of a few weeks, Dr. Bloch adjusted the medication I take. He added two types of medication to the one type I was taking. I also saw him weekly or biweekly for talk therapy. The talk therapy lasted for a few years and I improved. As I improved, the therapy sessions became less frequent. Today, nine years later, I am vastly improved. I still have OCD but I manage it well. It does not impair me anywhere near as much as it did nine years ago. I don't think I'd be alive today if it weren't for the Yale OCD clinic and Dr. Bloch.